

# Spicy Baked Fish

**Makes:** 4 servings

## Ingredients

**16 ounces** salmon (fresh or frozen, or any white fish)  
**1/4 teaspoon** paprika  
**1/4 teaspoon** onion powder  
**1/4 teaspoon** garlic powder  
**1/8 teaspoon** black pepper  
**1/8 teaspoon** oregano (dried)  
**1/8 teaspoon** thyme (dried)  
**1 tablespoon** lemon juice  
**1 1/2 tablespoons** margarine (soft melted)

## Directions

1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350 degrees.
3. Separate (or cut) fish into 4 pieces. Place fish in a 9x13x2 inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in a small bowl.
5. Sprinkle herb mixture (step 4 mixture) and lemon juice evenly over the fish. Then drizzle melted margarine on top.
6. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	280	
Total Fat	19 g	29%
Protein	23 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	4.5 g	23%
Sodium	115 mg	5%